

## 2013 Gisborne Pool Competition

The Gisborne Pool Competition was introduced last season and is designed to develop the skills of members in Surf Life Saving Pool Competition's.

<b>Date:</b>	Sunday 15 <sup>th</sup> September 2013
<b>Venue:</b>	Olympic Pool, Gisborne
<b>Time:</b>	12.00pm to 4.00pm
<b>Entry fees:</b>	The cost to athletes for this event is your pool entry only.
<b>Team Manager Meeting:</b>	12.00pm
<b>Officials/Helpers Meeting:</b>	12.30pm
<b>Athlete Warm Up:</b>	12.15pm to 12.45pm
<b>Racing Starts:</b>	1:00pm

In this document you will find information to assist with attending and competing in the 2013 Gisborne Pool Competition

At all times the latest information for this event will be available on the SLSNZ Events Calendar section of the SLSNZ website [www.surflifesaving.org.nz/calendar](http://www.surflifesaving.org.nz/calendar).

### Event Rules

Pool Competitions will be conducted under the rules as published in the SLSNZ Pool Championships Competition Manual. This manual is based upon the International Life Saving (ILS) World Championship Rules.

### Age

A competitor's age group is determined by their age as at **midnight on 30<sup>th</sup> September 2013**. For example, if you are still 13 at midnight on the 30<sup>th</sup> of September 2013, you will race in the U14 age group. The **minimum age** to compete at this Pool Competition is **10 years old**. There are four age categories for the Gisborne Pool Competition: U12, U14, U16 and Open.

### Time Keepers

A large number of time keepers are required to ensure the successful running of the Gisborne Pool Competition. As such, each competing club will be required to supply three (3) timekeepers during the competition.



## Programme of Events

Below are the events being held at the Gisborne Pool Competition, please fill out the Estimate Athlete Entries in the right column. We require these estimates to make sure we can run the programme efficiently and to time. Please send all estimated athlete entries to [mike.lord@surflifesaving.org.nz](mailto:mike.lord@surflifesaving.org.nz) by Monday 2<sup>nd</sup> of September 2013.

Event	Male Estimated Athlete Entries	Female Estimated Athlete Entries
U12 50 Swim with Obstacles		
U14 100m Swim with Obstacles		
U16 200m Swim with Obstacles		
Open 200m Swim with Obstacles		
U12 4x 50m Obstacle Relay		
U14 4x 50m Obstacle Relay		
U16 4x 50m Obstacle Relay		
Open 4x 50m Obstacle Relay		
U12 50m Brick Carry without Fins		
U14 50m Brick Carry without Fins		
U16 50m Manikin carry without fins		
Open 50 Manikin Carry without Fins		
U12 50m Swim with Fins		
U14 50m Swim with Fins		
U16 50m Swim with Fins		
Open 50m Swim with Fins		
U12 100m Tube Swim with Patient and Fins		
U14 100m Tube Swim with Patient and Fins		
U16 100m Manikin Tow with Fins		
Open 100m Manikin Tow with Fins		
U12 4x 50m Medley Relay		
U14 4x 50m Medley Relay		
U16 4x 50m Medley Relay		
Open 4x 50m Medley Relay		

### Event Descriptions

The following is a brief description of each event for entry purposes.

#### Swim with Obstacles (50m, 100m, 200m)

The competitor swims the prescribed distance in freestyle during which he/she swims under two (2) immersed obstacles per 50m.

#### 100m Tube with Patient and Fins

The rescuer swims 50m freestyle to the other end and clips their patient into a tube. The patient must have at least one hand on the end of the pool. The Rescuer and patient then swim the other 50m where the patient must stay on their back but may assist the tow by kicking and sculling under the water.

### **100m Manikin Tow with Fins**

The competitor swims 50m freestyle with fins and rescue tube. After touching the turning edge, the competitor secures the rescue tube around a manikin floating at the surface and tows it to the finish.

### **50m Swim with Fins**

The competitor swims 50m freestyle with fins.

### **50m Manikin Carry without Fins**

The competitor swims 25m freestyle and then dives to recover a submerged manikin to the surface within 5m of the pick-up line. The competitor then carries the manikin to the finish edge of the pool.

### **50m Brick Carry without Fins**

The competitor swims 35m freestyle and then dives to recover a submerged rubber brick to the surface within 5m of the pick-up line. The competitor then carries the rubber brick to the finish edge of the pool.

### **4x50m Medley Relay**

The first competitor swims 50m freestyle without fins. The second competitor swims 50m freestyle with fins. The third competitor swims 50m freestyle pulling a rescue tube and after having touched the wall, passes the harness of the rescue tube to a fourth competitor who wears fins. The third competitor becomes the "victim," holds the rescue tube with both hands, while being towed 50m by the fourth competitor to the finish.

### **4x50m Obstacle Relay**

Four competitors swim 50m freestyle each passing under two (2) immersed obstacles.

As always if you have any questions or queries please do not hesitate to contact me on any of the means below.

Regards,

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